

Camp Activities:

- Explore Mountain Trails
- Trekking
- Mountain Biking
- Paintball
- Beach & Water Sports
- Boot Camp Training
- Outdoor Adventure



What to Bring

- 5m Rope / 5 Cable ties
- Bible / Notebook / Pen
(bring Zip Lock bag, to protect from wet weather)
- 2 Black Bags
- Rain Coat (black bags can be used if preferred)
- Warm Jacket
- Toilet Paper
- 30 Liter or bigger Hiking Bag
- Sleeping Bag & Ground Sheet
- Hiking Mattress (Optional)
- Shoes which you can use for Hiking / Cycling and PT, for example cross trainers
- 5 Checkers Plastic Bags
- Head Lamp / Torch
- Sun Block / Hat
- Water Bottles (At least 2X1L bottles)
- Special Medication

What you don't have to bring

- All food will be provided (don't bring ANY food, it will be kept and given back at the end of the camp.)
- NO electronic equipment (iPods, mobile phones, watches, etc. will be kept safe and returned after the camp.)

Camp Details:

Where: Llundudno Main Beach:
Saturday 12 December 2009 at 09h00

Pick-up: Llundudno Main Beach:
Friday 18 December 2009 at 12h00

Cost: R800 (R400 deposit secures your place)

Information Meeting for Parents and Students:
Thursday 5 November 2009
19h00–20h00, Paul Roos

Information Meeting only for Parents:
Thursday 10 December 2009
19h00–20h00, Paul Roos

Required Sponsors: We've tried to make the camp as affordable as possible to give more young men the chance to attend. However, the camp fees alone will not cover the total cost of the camp (total costs will be about R1000 to R1200 per person). If you would like to help sponsor the camp, please contact one of the organisers. Thank you!

Mountain Bikes: If you have a mountain bike in a good condition that will be able to handle a few hours of tough single track, please bring it along (and indicate so on the entry form).

ORGANISERS:

Francois Viljoen	083-291-5235
Wilhelm Janse van Rensburg	084-515-7592
Ruan Cilliers	082-776-3810
Kristof van Zyl	082-887-0330

Account Details:

Francois Viljoen
Nedbank
Account No: 181121144
Branch Code: 181110
Reference: Legacy / ID



Legacy 2009



Living the Adventure... a Camp for Young Men



To the Campers

The day you die, the only thing you leave behind is your legacy. What will your legacy be?

Legacy is a camp for young men, who are still at school (grade 10 to 12).

You do not have to be exceptionally fit or gifted to attend - if you are a young man in grade 10, 11 or 12, and you have two working arms and legs, you are welcome. *



If you decide to attend this camp, you will conquer mountains, admire and survive nature's elements and get to know yourself better than ever before. You will have a wild adventure and experience things you will talk about for the rest of your life.

But make no mistake, we won't waste your time.

It will be one of the most challenging physical things you'll ever do. You will probably spend a lot of time wishing you could just go home. Even so, the funny thing is, when the camp runs again next year, you will want to come again.

* If you have a special medical condition, but you still want to attend Legacy, please contact the camp organizers.

To the Parents

Our goal with Legacy is build into the lives of young men. They are tomorrow's husbands, fathers, business men and leaders.

The boys who attend will be divided into small groups, consisting of 4 to 6 other boys and one group leader. The group leader may be one of the organizers, or a young man we've identified for the purpose. The group leader will spend the entire duration of the camp with his group and complete all the camp activities with them.

The camp is designed around Christian values and principles. However, there won't be any lengthy talks or manuals. The camp experience is meant to speak for itself.

Some of life's manly wisdoms are impossible to learn by listening to speeches, reading books, watching television or searching Google. You can only learn these things by experiencing them firsthand, with other men, who've been there before. At Legacy we hope to give your son the opportunity to learn these things.

About the Organizers

Our motivation for organizing and running Legacy is the impact made on our lives, when we attended a similar camp, while we were at school.

Every young man has a simple question that runs through his mind: "Do I have what it takes?".

We know you do!
Live the Adventure & Leave a Legacy...

Waiver / Indemnity

Name	
Surname	
ID Number	
Cel Number	
E-Mail	
Medical Aid	
Medical Aid Number	
Emergency Contact & No	
Any Additional Medical Information	
Are you bringing your own mountain bike?	

I agree to compete at my own risk and waive liability against the LEGACY organizers for personal injury, death, loss of personal equipment, or damage to 3rd party property that may result as a consequence of my involvement in this camp and the events that goes apart with it. I agree that the information collected with this entry may be held by the organisers for my own safety in the case of injury.

Signed Parent / Guardian _____

Signed Student: _____

Date: _____